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*Massachusetts*

# NUTRITION EDUCATION and SCHOOL FOOD SERVICES *Newsletter*

A MONTHLY REPORT

IDEAS ..... DEVELOPMENTS .....TRENDS

JANUARY 1978

## FANNING TRADE SERVES "SUPER BREAKFASTS"

To publicize and arouse interest in our Breakfast Program at Fanning Trade High School the Culinary Arts Students asked if they could prepare something special, perhaps a "Super Breakfast". After some discussion we decided on a Breakfast Buffet featuring all the foods we had served during the year.

Our Breakfast Buffet Menu included:

- Fresh Fruit on skewers
- Orange Juice - Tomato Juice
- Eggs - Prepared in every style
- Breakfast Meats
- Egg MacMuffins
- Hawaiian Style Breakfast
- Cheese, Egg and Tomato on English Muffin
- Pancakes
- French Toast
- Assorted Hot Breads - Muffins, Danish, Light & Dark Toast
- Milk

The Buffet was a complete success. The food was beautifully arranged and we were overwhelmed by the compliments and enthusiastic support of the student body.

The Foods Students volunteered their time for this project. They came to School at 6:00 a.m. so that they could be prepared to serve Breakfast at 7:20 a.m. They were most proud of their work and thrilled that the students were so appreciative and responsive.

Our Breakfast Program participation has increased 30% as result of this Buffet.

As an expression of appreciation to the Foods Students who worked so hard and so willingly, they were given trade hours credit for the extra time they worked to prepare and clean up.





THE SPOTLIGHT IS ON NUTRITION -  
CHILD NUTRITION WEEK JANUARY 22-28

January is your month to shine!  
The Governor's Proclamation of the last week in January as Child Nutrition Week opens the door for you. Publicise your program to children, parents, and the community.

Have the teachers assist you. Distribute the menus to them early so they can plan activities around foods being served that week. Supply them with simple statements featuring nutritive value of some of the foods being served. Suggest other activities they may want the children to do:

- listening to stories about food
- making collages of balanced meals or favorite snacks
- drawing pictures of foods
- talking about favorite foods
- preparing snacks in class such as celery stuffed with peanut butter

Conclude your week by inviting parent and community leaders in to observe food service and, perhaps, share a meal with the children. This is the year to "light up their lives" with nutrition during Child Nutrition Week

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AROUND THE WORLD IN 10 MENUS

FEBRUARY

AFRICAN	Swahili Chicken	Swahili chicken cooked in coconut milk and lemon; Fu Fu, a swirl of mashed white and sweet potatoes; a fresh spinach and peanut granule salad; canned pineapples, dark roll; and milk. As an alternate serve barbecue beef ribs, escarole and endive salad, and pears or peaches.
	Fu Fu	
	Safari Salad	
	Limpopo Pineapple	
	Witch Doctor Roll	
	Jungle Juice	

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TOASTY DOGS

Several schools throughout the state have had success and fun with Toasty Dogs. They are room temperature weiners wrapped in fresh bread that has been spread lightly with a 3/4 catsup-1/4 mustard mixture, then baked in a convection oven at 350 degrees for 10-15 minutes. They are delicious, easy to serve, and more economical than hot dog buns. Be-

sides, the weiners taste as though they had been grilled over a fire. Remember to buy 8 per pound weiners, so that one weiner will meet the meat/meat alternate requirement. A variation would be to slit the weiner and add a stick of cheese before wrapping. Ummm, good!

("Courtesy North Dakota School Food Service")

## ADDITIVES -- ACCEPT OR REJECT

Food additives - a really "hot" issue today! Are all additives safe? Are they really necessary? Should the use of additives be banned by the government? Should people be warned of the possible hazards and be allowed to make their own choice? Should we eat only "natural" foods? These are some of the questions facing us not only at home but also in our school cafeterias - from parents, teachers and students.

Finding the right answers for these questions is not easy. Defining food additives is a good starting point. The U.S. Food and Drug Administration (FDA) defines a food additive as any substance that becomes part of food, or affects the characteristics of food, through direct or indirect use and with useful intentions. Seasoning a stew with pepper or adding vanilla to a pudding are examples of the direct use of food additives.

Reading the label usually tells us what's in a product, but not how much or why. It can be confusing. On a box of cornflakes, for example, we find: milled corn, sugar, salt, malt flavoring, sodium ascorbate, vitamin A palmitate, niacinamide, ascorbic acid, iron, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, folic acid, vitamin D<sub>2</sub>, BHA and BHT. Sounds pretty formidable! Most of these ingredients are nutrients, but how does the average consumer know this?

If you read a food label listing sugar, starch, cellulose, malic acid, citric acid, amyl acetate, ascorbic acid, anisyl propionate, succinic acid, riboflavin, phosphates, vitamin A, thiamin, and pectin, would you be skeptical? Would you complain about the chemical additives? Probably YES --- but this food is melon, with all of the "natural" ingredients supplied by nature. One thing to remember when discussing additives is that all foods are chemicals. 'Chemical' is not a forbidden word in food service. There is no difference between the ascorbic acid (vitamin C) supplied by nature in the melon and the synthetic ascorbic acid prepared in the laboratory.

Adding nonfood substances to food is not new. The ancients Egyptians had food colors. The demand for spices from the Far East was a major consideration in the voyage of Columbus. The early colonists preserved foods by salting and pickling. Yes -- salt is a chemical additive (sodium chloride). Although too much salt may be harmful, we cannot live without some salt.

Perhaps the real issues with the use of food additives are (1) necessity; and (2) safety. The number of additives in use has been estimated from 2,000 to almost 10,000 compounds -- to improve color, flavor, nutritional content, shelf life, and safety. The following table shows some of the additives responsible for these functions:



## PURPOSE

## LABEL TERMS

### To Preserve Freshness:

Microorganism Controls .....	Calcium propionate, Sodium benzoate, Sorbic acid, Methylparaben
Antioxidants.....	Butylated hydroxyanisole (BHA), Butylated hydroxytoluene (BHT)

### To Add Flavor:

Citrus oils  
Amyl acetate, Ben aldehyde

### To Improve Texture and Consistency:

Emulsifiers .....	Cholic acid, Glycocholic acid, Dexoxy cholic acid, Lecithin, Mono and Diglycerides
Stabilizers and Thickeners.....	Gum arabic, Modified starch, Calcium carbonate, Sodium caseinated, Magnesium stearate, Agar-agar

### To Provide Color:

Carotene, Annatto, Cochineal

### To Control Acidity or Alkalinity:

Leavening Agents .....	Sodium acid phosphate, Monocalcium phosphate
Acid-Alkaline Balance .....	Acetic acid, Citric acid, Hydrochloric acid, Phosphoric acid, Lactic acid, Sodium hydroxide, Bicarbonate of soda

### To Act As Maturing and Bleaching Agents:

Chlorine, Chlorine dioxide, Potassium bromate, Benzoyl peroxide

### To Provide Nutrients:

Vitamin A -	Vitamin A acetate Vitamin A palmitate
Vitamin B <sub>1</sub> -	Thiamine hydrochloride Thiamine mononitrate
Vitamin B <sub>2</sub> -	Riboflavin Riboflavin - 5 - phosphate
Vitamin B <sub>3</sub> -	Niacin, Niacinamide
Vitamin D -	Vitamin D <sub>2</sub> or D <sub>3</sub> Tocopherols
Iodine	- Potassium iodide
Iron	- Ferrous sulfate Ferric phosphate Ferric pyrophosphate

(Adapted from ADDITIVES AND OUR FOOD  
HERITAGE, Kraft - Division of Kraftco)

The FDA helps us to enjoy a safe food supply. Except for its GRAS list (food additives "generally regarded as safe"), all food additives must be laboratory tested for safety by the manufacturer and approved for use by the FDA. The government is concerned not only with normal usage but also the safety of small amounts consumed over a life-time.

The use of some additives has been making headline news in recent years. Cyclamates, saccharin, and food dyes are just a few of the controversial

items. These problems have come about through increased use of additives and improved laboratory techniques for testing safety. The Delaney Clause added to federal legislation was the catalyst.

The Delaney Clause bans the use of any food additive that has been found to cause cancer in man or animal. This amendment does not consider how much of the additive was consumed. For example, you would have to drink over 50 quarts of soda a day to ingest the amount of cyclamates fed to the test animals. Because of this clause, the FDA is now evaluating its GRAS list.

In your schools, lack of storage space, labor costs, and the selling price of fresh foods may be so high that you must use some canned fruits, vegetables, and meats, and prepared bread products. Additives add to the shelf life of these products.

The enrichment of bread, cereal, and macaroni products with thiamin, riboflavin, niacin, and iron is a beneficial practice. Look for these nutrients on the label. However, avoid serving heavily sugared and artificially colored cereals or dessert products. Excessive amounts of refined sugar and food colorings are unnecessary additions to food particularly for children.

Remember to read the label and realize that some food additives are a necessary part of our food supply.

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## COMMODITY NEWS

### Commodities Expected in February 1978

Margarine or Butter	Peanut Butter
Beef, Ground Frozen	Peanut Oil
Cheese, Processed	Shortening
Flour, All Purpose	Pea Beans Dried
Flour, Bread	Cd. Beans
Milk, Dried	Rice
Lemon Juice	Peaches Cd.
Cd. Mixed Fruit	Pears
Tomato Paste	Frozen Chicken

Shipping and Purchasing difficulties may cause some variations in the above list.

### Turkey Whole Frozen

In the December News Letter we advised that our shipments of whole frozen turkey were delayed. We have now been advised that because of low national production and high price, the turkey purchase program was dis-

continued. This resulted in the cancellation of a number of our turkey laden freight cars expected for December. This will explain why we were unable to fill all December requests for turkey, necessitating the substitution of frozen cut-up chicken.

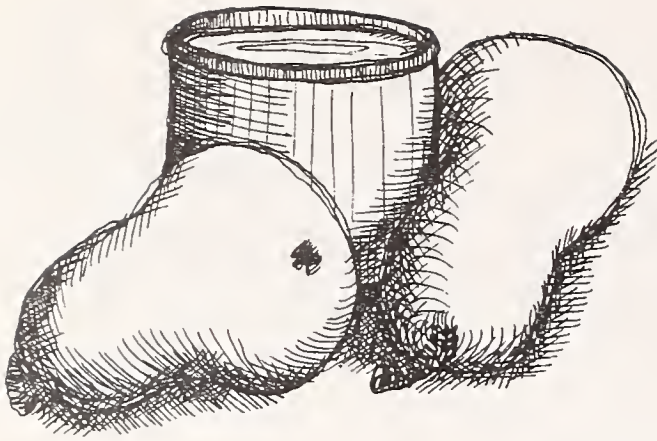
### Salad Oil

We are advised that in future months the supply and price of peanut oil is such that the USDA will be purchasing salad oil.

### Margarine or Butter

Margarine is no longer being purchased, but there will be ample butter to take its place. Schools served from the cold storage warehouse in Boston will continue to receive margarine until our supply is depleted. Butter will then be substituted.





### Section 6 Allocations

The quantity of Section 6 commodities that your school is entitled to is based on the average number of "A" meals you serve. Many commodity orders received at this office show a much higher figure than that appearing on your monthly claim.

When you use an inflated figure to order ground beef, chicken or turkey, you will receive a lesser amount as we will award quantities on the basis of your monthly claim. This office has no choice but to allocate on the basis of average "A" meals served daily, consistent with US Department of Agriculture procedure.

We understand that in many schools when chicken, turkey or beef is served, participation is high for that day. Therefore, it is quite probable that additional quantities of these items will have to be purchased. We assure you that if we had an unlimited amount of Section 6 commodities we would be pleased to allocate all you could use.

### SUMMER FEEDING

The Summer Food Service Program for Children has been authorized by Congress to feed children from May 15, 1978 to September 15, 1978. This Program is designed to give needy children the same nutritional benefits they receive during the school year through the National School Lunch Program.

Breakfast, lunch, supper and supplements are available to those children who meet the income guidelines for free or reduced price meals or reside in areas in which poor economic conditions exist.

In addition to meal reimbursements, funds for administrative expenses will be available on a per meal basis.

All public schools, private non-profit non-residential institutions, and residential public or private non-profit summer camps are eligible to apply for this program.

Detailed information should be available about March 1, 1978.

Eligible public or private non-profit service institutions who wish to apply please contact:

Julius Candela  
Bureau of Nutrition Education  
and School Food Services  
31 St. James Avenue  
Boston, MA 02116

### ALICE WALKER RETIRES

On November 3, 1977, a testimonial dinner was held in honor of Alice Walker who retired after 25 years of dedicated service. Mrs. Walker left the Blackstone Valley Regional School in Upton where she had been since the school opened. She also served at the Nipmuc Regional High School in Mendon and headed up the

school lunch program in Grafton. Among her many contributions, Mrs. Walker initiated training programs and became a tremendous asset to the Upton school food service. Having retired, she plans to spend more time at the Cape and just "relax".



## FOOD BUYING GUIDE FOR TYPE A SCHOOL LUNCHES, PA-270 (1972)

## MEAT AND MEAT ALTERNATES

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion	Purchase units for 100 servings	Additional yield information
(1)	(2)	(3)	(4)	(5)	(6)

FOOD BUYING GUIDE, PAGE 16 - CORRECT THIS ITEM.BEEF, FRESH  
OR FROZEN

GROUND BEEF *Market style-- (no more than 30 percent fat)	Pound	5.60	2 ounces cooked meat	17.90	1 lb AP = 0.70 lb cooked meat
** Special pur- chase, frozen (no more than 26 percent fat)	Pound	5.76	2 ounces cooked meat	17.40	1 lb AP 0.72 lb cooked meat.

FOOD BUYING GUIDE, PAGE 16 - ADD THIS ITEM.

GROUND BEEF PATTIES ***Special pur- chase, frozen (no more than 26 percent fat) 3 oz portion	Pound	5.33	1 portion (2.0 oz cooked meat)	18.80	1 lb AP= .067 lb cooked meat meat.
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\* Ground Beef, Market style (no more than 30 percent fat) is based on USDA, FSQS standard as published in the Code of Federal Regulations, No. 9, Part 319.15 (a) chopped beef, ground beef.

\*\* Ground Beef, Special purchase, frozen (no more than 26 percent fat) is based on Schedule AA-July 1977 USDA Specification for Frozen Ground Beef.

\*\*\* Ground Beef Patties, Special purchase, frozen (no more than 26 percent fat) 3 ounce portion, raw is based on Schedule BP - September 1977 USDA Specification for Frozen Ground Beef Patties.





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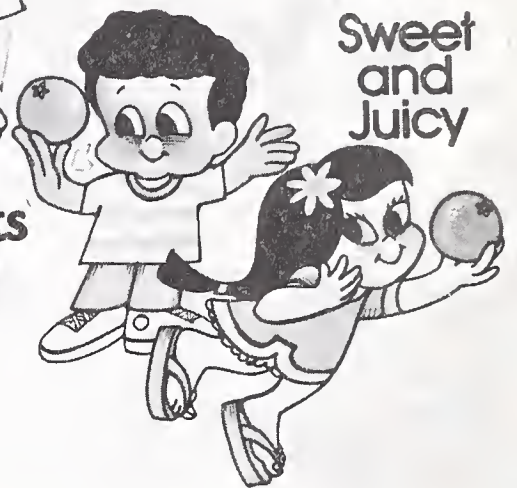
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Snack**

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and  
Juicy**

**For  
A Sports  
Break**







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**To Help  
Keep Fit**

**FOR  
STRONG  
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## MONTHLY SPECIALS INCREASE STUDENT PARTICIPATION

The Hopkinton School Lunch program this year began promoting school lunch through special promotions once each month. The idea is to reach that segment of the student body which does not usually eat every day and keep them eating from promotion to promotion. The program to date has been extremely successful in maintaining increased participation as the students are now looking forward to the next month's program.

Each program tries to tie in as many other departments as possible, therefore making each event a total educational experience. The most commonly used outside department is the Art Department. They supply all pre-event publicity and decorate the lunchroom to fit the theme.

Highlights of some recent programs were:

### Sept. 22, 1977 "Picnic-in-the-Park"

A boxed lunch consisting of a piece of cold chicken, cole slaw, potato salad, chocolate pudding cup, roll, and a milk. Students ate outdoors in specially designated areas. The atmosphere of an actual summer picnic in a park was achieved.

### October 19, 20, 21, 1977 "Obtoberfest"

A three day celebration was enjoyed commemorating the German festival. Each day's menu consisted of the native foods of Germany. The art department supplied decorations and publicity. This event was tied-in with the Annual Homecoming Weekend, making the normal two day event a five day celebration.

### November 21, 1977 "Parent's Day"

A specially planned fourth cafeteria seating (we normally have three) for lunch to include students' parents. Each parent was sent a personal invitation with an R.S.V.P. This program enabled parents to tour a working kitchen before they

ate the same lunch that their children had that day. When parents realized the whats and whys of School Lunch, a greater awareness and understanding of our aims and goals became clear. Price for parent lunch is the same as our adult meal -- \$.80 plus meal tax.

During the month of December, we have planned the following events:

### December 21, 1977 "Christmas in the Country"

We plan a full, complete Christmas dinner of turkey and all the trimmings. Tables will be complete with tablecloths, fruit and nut bowls, etc. The Art Department has already begun making plans to convert the cafeterias into a "Winter Wonderland" for the day.

On the elementary level, we have already had one student and a teacher agree to make a special appearance as Santa Claus. There will also be seasonal music to add to the atmosphere.

By combining the right amount of commodity items with purchased foods, we have never exceeded a cost per meal of \$.73 including labor. Should our planned cost of meal exceed the desired amount, we adjust our menu so that cheaper days are scheduled during the same month. In this way, the total overall cost is not effected, but the students think that they are getting something really special.

We feel that this system has changed the students' outlook toward lunch because a greater segment is becoming motivated through merchandising and promotions.

## NEW MENU PLANS

As mentioned in the December issue, below you will find the new menu plan for school lunch, recently released by the United States Department of Agriculture's Food

and Nutrition Service. The plan meets all RDA and USDA Nutritional requirements and more accurately meets the nutritional requirements of various age groups.

**TABLE - School Lunch Pattern Requirements - Amounts of Foods Listed By Food Components to Serve Children of Various Ages**

Food Components	Preschool Children		Elementary School Children		Secondary School Boys and Girls Group V (12 years and over)
	Group I (1 and 2 years)	Group II (3,4 and 5 years)	Group III (6,7 and 8 years)	Group IV (9, 10 and 11 years)	
<b>MEAT AND MEAT ALTERNATES 1/</b>					
Meat--a serving (edible portion as served) of cooked lean meat, poultry, or fish, OR Meat Alternates:	1 ounce equivalent 2/	1 1/2 ounces equivalent	1 1/2 ounces equivalent	2 ounces equivalent	3 ounces equivalent
<u>Cheese</u>	1 ounce equivalent 2/	1 1/2 ounces equivalent	1 1/2 ounces equivalent	2 ounces equivalent	3 ounces equivalent
The following meat alternates 3/may be used to meet only 1/2 of the meat/meat alternate requirement:					
<u>Eggs</u> (1 large egg may replace 1 ounce cooked lean meat.)	1 egg 4/	3/4 egg	3/4 egg	1 egg	1 1/2 eggs
<u>Cooked Dry Beans or Peas</u> (1/2 cup may replace 1 ounce cooked lean meat.) 5/	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup
<u>Peanut Butter</u> (2 tablespoons may replace 1 ounce cooked lean meat.)	1 tablespoon	1 1/2 tablespoons	1 1/2 tablespoons	2 tablespoons	3 tablespoons
<b>VEGETABLES AND FRUITS 5/</b>	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Two or more servings consisting of vegetables or fruits or both. A serving of full strength vegetable or fruit juice can be counted to meet not more than 1/2 of the total requirement.					
<b>BREAD AND BREAD ALTERNATES 6/</b>					
A serving (1 slice) of enriched or whole-grain bread; OR a serving of biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; 7/ OR a serving (1/2 cup) of cooked enriched or whole-grain rice, macaroni, or noodle products 8/	5 slices or alternates/week	8 slices or alternates/week	8 slices or alternates/week	8 slices or alternates/week	10 slices or alternates/week
<b>MILK, FLUID</b>	1/2 cup	3/4 cup	3/4 cup	1/2 pint	1/2 pint
An option to fluid whole milk or flavored milk must be offered. 9/					

### IN RECOGNITION OF...

Alice M. Anderson, who is in charge of the Lawrence school cafeteria, is celebrating her 30th year of service to the Falmouth school system. Many of the teachers currently employed at the Lawrence school were once students there, fed by Mrs. Anderson, who began her long tenure in 1947.

Alice is one of the many persons who help to make the Falmouth school lunch program popular. Her dedication and concern for the children of Falmouth over the past thirty years has made a success of the school lunch program.



## METRIC MEASURES ON NUTRITION LABELS

One of the first things consumers will notice about the new nutrition food labels is that metric units are used throughout. These are the measuring units used in most of the world.

The metric system is based on the decimal system of numbers, which involves multiples of 10. Thus, it is very easy to go from small units to large, or vice versa, by simply moving decimal points.

The Food and Drug Administration prescribed the metric system for nutrition labels because the unit we are most accustomed to, the ounce, is too large to describe conveniently the amounts of nutrients in foods. For, instance, 1 gram is about equal to the weight of a paper clip. If a food contains 9 grams of protein, then, expressing this in our customary terms, it would be  $9/28$  ounce. This is just an example of how customary measurements used for food composition would not only be very small but appear as confusing fractions.

The basic metric units that consumers will see on nutrition labels are grams (units of mass or weight and liters (units of volume). Metric units of volume may appear in the serving size for liquid foods as well as in the container's net volume. The upper portion of the label will use metric units in weight as grams for protein, carbohydrate, and fat in a serving of food.

The lower portion of the nutrition information panel gives the U.S. Recommended Daily Allowances of protein, vitamins, and minerals in a serving, and does not require any understanding of the metric system.

It may help to memorize these approximate equivalencies:

1	ounce	=	28 grams
3-1/2	ounces	=	100 grams
8	ounces	=	227 grams
1	pound	=	454 grams

Once the basic unit is determined, whether grams or liters in the metric system, other multiples are built on it with suitable prefixes. Whenever the prefix "kilo" precedes a unit, it is 1,000 times that unit. One kilogram equals 1,000 grams, for example.

Similarly, the prefix "milli" indicates one-thousandth and "micro" one-millionth of the basic unit. A milligram is one-thousandth of a gram.

Thus:

1 kilogram	=	1,000 grams
1 gram	=	1,000 milligrams
1 milligram	=	1,000 micrograms

To convert the metric system into the system to which Americans are more accustomed:

1 kilogram	=	2.2 pounds
1 pound	=	454 grams
1 ounce	=	28 grams

The other basic unit of metric measurement besides the gram that will be found on nutrition labels is the liter, used to measure volume.

A liter is a little larger than a quart.

1 kiloliter = 1,000 liters  
1 liter = 1,000 milliliters

To translate this system into the one currently used in the United States:

1 gallon	=	3.79 liters
1 quart	=	.95 liters or 950 milliliters
1 pint	=	.48 liters or 480 milliliters
1 cup (8 fluid ounces)	=	.24 liters or 240 milliliters
1 tablespoon	=	15 milliliters
1 teaspoon	=	5 milliliters

Remember the saying "a pint is a pound, the world around"? Well, this is a rough approximation based on a volume-weight relationship of water. A pint of food that contains more fat than water will weigh less than a pound.

These same relationships of volume to weight and fat to water carry through to the metric system. Here is a new twist to an old saying to help you remember that pints and liters are volume measurements and pounds and kilograms are weight:

A pint is a pound the world around, but  
A liter is a kilogram  
When you're in a metric jam.

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## CLARIFYING MINIMUM WAGE

With the advent of the new year, many questions have arisen concerning minimum wage; particularly in light of new Federal legislation governing minimum wages.

In answer to these questions, the Department of Labor and Industries has reported that minimum wage laws, State or Federal do NOT apply to public employees, ie - school food service workers. The governing agent in these matters would be the local municipalities under which jurisdiction would lie.

The minimum wage laws DO, however, apply to persons employed by private institutions.

## NEW EDITOR

January marks the beginning of 1978 and also marks the appointment of a new editor for the Newsletter. Robert L. Don, a 1976 graduate of Ithaca College (BFA art/writing) will take over as editor for both the Newsletter and Nutrition Notes and will serve as the Information Officer for the Bureau of Nutrition. All editorial contributions and inquiries should be directed to him c/o this office.



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The enclosed supplement pertains to the Food Buying Guide for Type A School Lunches (PA-270) 1972 edition.

Revised data is being provided for the following forms of ground beef and should replace the data provided on page 16 of this Program Aid:

- Ground Beef, market style (no more than 30 percent fat)
- Ground Beef, special purchase (no more than 26 percent fat)

New data is being provided for Ground Beef Patties special purchase (no more than 26 percent fat) 3 ounce portion raw frozen and should accompany the data on page 16 of the Food Buying Guide.

While this information on special items has been provided previously, (i.e., copies of exhibits included in shipping containers) we believe that some confusion may be reduced through calling it to your attention as a revision to the Food Buying Guide. Exhibit A and Exhibit B (Shipping Container Markings) of Schedule AA--July 1977 USDA Specification for Frozen Ground Beef lists the updated yield information for Ground Beef special purchase (no more than 26 percent fat). Exhibit A and Exhibit B (Shipping Container Markings) of Schedule BP - September 1977 USDA Specification for Frozen Ground Beef Patties lists "Each raw patty, weighing approximately 3.00 ounces provides 2 ounces equivalent cooked lean meat for Type A pattern requirements."

The footnotes that have been provided for each product included in this supplement address the standard or specification for the product that was used to determine the equivalency data presented. It is envisioned that this information may be of assistance to school foodservice personnel when developing purchase specifications.

## MARK YOUR CALENDAR

The Annual Spring Meeting is so popular that everyone cannot be accommodated at one site. Duplicate meetings will be held in Sturbridge on March 28 and in Boxborough on March 29. Save one of these dates.

## MEAL TAX

The meal tax has been reduced to 6%.

## ASFSA CONVENTION MOVE

The 1978 convention of the American School Food Service Association, because of problems with facility arrangements in Miami Beach, HAS BEEN MOVED TO NEW ORLEANS, LOUISIANA, July 23 - 27, 1978. The new Hilton Hotel has been designated as Headquarters Hotel while the Rivergate will serve as the prime location for meetings.

Although it was realized that some inconvenience may occur due to the late announcement, it was generally regarded as necessary by both the Convention Steering Committee and the Executive Board to make this change.

Any and all questions should be directed to the Executive Director for immediate clarification.

The ASFSA is looking forward to another tremendous show!



## MSFSA Notes

We are beginning the New Year of 1978. Have we made all our New Year's resolutions? If so, I hope among them will be the resolution to find new methods of increasing our service to students in our schools and to make a greater effort to swell our MSFSA membership file. Remember this is your PROFESSIONAL ASSOCIATION.

The Massachusetts Food Service Council Seminar will be held January 18 and 19, 1978 at the Sheraton Inn in Boxborough.

Mary P. Nagle  
M.S.F.S.A. Public  
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Bureau of Nutrition Education  
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# new directions

in nutrition education  
and school food services

March 1978



## MARY SIMCHAK GIVES HER VIEWS ON NUTRITION

In a recent interview which appeared in the West Springfield Record, Mary Simchak described Child Nutrition Week (Jan. 20 - 26) as, "...a time to reflect on the importance of developing sound eating habits among youngsters..." Mrs. Simchak serves as the school lunch director at the St. Thomas School in West Springfield, Mass.

Mrs. Simchak felt that the worst eating habits in the country belonged to children between the ages of 10 - 16. Almost 257,000 Massachusetts public school children arrive to school inadequately fed, according to a survey conducted by the Massachusetts Department of Education, Bureau of Nutrition Education and School Food Services.

## ANNUAL SPRING SEMINAR

This year, the Bureau of Nutrition Education and School Food Services, in cooperation with the Massachusetts School Food Service Association, will conduct the Annual Spring Seminar for Supervisors and Managers in two locations on two different days in order to avoid overcrowding and to lessen travel distances.

On Tuesday, March 28, the seminar will be held at the Sheraton Inn, in Sturbridge and on Wednesday, March 29 at the Sheraton Inn in Boxborough, Massachusetts. The same program will be presented at each seminar and you may register for the one most convenient for you.

The program is timely and the subjects to be presented are aimed to inform you of the new directions in which child nutrition programs are headed.

Along with our Bureau personnel as speakers during the morning sessions, we are pleased to have John C. Friese, Food Service Systems Specialist, United States Department of Agriculture, speak on wise food purchasing.

Continued on page 3

Continued on page 2



She said, "Many children eat for emotional security and for food's pleasant taste sensations. Adults may eat to be sociable and rush to convenience foods to save time and money. All of us are guilty of 'eating in style'. Today, for example, steak is in style among grownups while hamburger and pizza are in style among kids.

There is nothing wrong with using food to help satisfy some of these needs so long as the foods we choose are in line with what we know about good nutrition. This is why there's so much emphasis on the importance of experiences with food."

Mrs. Simchak believed that children must learn to like foods of good nutritional value. They have to start learning at an early age in order to affect eating habits. Mrs. Simchak plans the menus carefully and serves new or unfamiliar foods in small portions in conjunction with more popular items. She is not discouraged if children reject newly introduced menu items.

"Some children need more encouragement than others to broaden their food likes. Learning about a new food can take weeks, or even months."

Mrs. Simchak recently conducted her own survey among the pupils, having them fill out a questionnaire concerning nutrition. She said, after tabulating the results, that the tests proved to her that more nutrition education in schools is needed.

## THE GREAT SUGAR BATTLE CONTINUES

We are being conditioned to believe that if a food isn't sweet, it doesn't taste "good". Actually, sugar is a fairly recent addition to the European-American diet. Until the 16th century, sugar was a scarce commodity. It is only in the last one hundred years that sugar has begun to influence our eating habits with such force.

The average American consumes well over 100 pounds of sugar each year. It appears not only in its obvious form as a sweetener for beverages, cakes, cookies, and candies but also in almost every processed food we purchase such as catsup, soup and salad dressings. Sugar provides calories in the form of carbohydrate but, for practical purposes, virtually no other nutrients

The Senate Select Committee on Nutrition and Human Needs has issued dietary goals for the United States in which they recommend the reduction of sugar - a goal with which we enthusiastically agree. Obesity and dental caries are two major problems of malnutrition - both are linked with sugar consumption. However, it took time for us to learn to eat lots of sugar and it will take time to recondition our students to accept less sugar.

In our cafeterias, the "sugar battle" usually starts with breakfast. The popular reimbursable school breakfast consists of full-strength juice, cereal and milk. The logistics of serving breakfast make this one easy to provide, acceptable to youngsters with little waste, requiring minimal equipment, service, and clean-up procedures.

The problem lies mainly with the kinds of cereal served. Some contain more sugar than grain, and rightfully should be called "fortified candy". Now, none of us would promote candy for breakfast, so let's be label readers.



## Breakfast Battle (cont.)

Make sure that cereal grain is listed first on the package of every cereal served in breakfast programs. Even better, maximize the use of cereals that are only 30 to 40 percent sugar, and offer some unsweetened varieties.

It's true, if students don't eat the food offered to them, they don't benefit from the nutrients provided. However, by using cereals with less sugar added, we are helping to condition young people to eat foods that are less sweet. Improving their eating habits is really preventative medicine - helping them to have more healthful and happy adult lives.

The "sugar battle" continues at noon. Select desserts for lunches that result in contributing additional major nutrients to the meal rather than those excessively high in sugar. Of course, fresh fruits, puddings made with milk, and simple cookies such as peanut butter or oatmeal are good offerings.

Growing children can use the calories supplied by sugar for energy. We only have supervision over one or two meals a day but we can begin to reform eating habits during this time.

Approach administrators and teachers to secure their cooperation in re-educating students. Classroom tasting parties are an effective activity. School nurses and dental hygienists working with teachers in the classrooms is another way to advance the idea that "sweet" does not equate with "good". At the high school level, ask to have a reporter from the school newspaper interview you so that you can air your thoughts about decreasing sugar consumption.

The task is formidable! The Sugar Battles wages but it can be won if each of us fights forward!

## Spring Seminar (cont. from pag. 1)

As the subject of "quality food" is so elusive and yet so important in today's school food service programs, the afternoon session will be devoted to this subject and will be a general session for all to attend.

We know you will gain many ideas and provocative information from the discussion of "Perception of Quality" by Mr. Peter Karpaty, Director of Food and Beverages, Sheraton Corporation, Boston, Massachusetts.

### SCHEDULE OF EVENTS

#### SEMINAR PROGRAM Session I

9 - 10 Registration  
Coffee & Danish

10 - 12 NEW DIRECTIONS FOR YOU  
AND FOR US

Dorothy L. Callahan,  
Project Director, Nutrition  
Education  
Louise E. Watts,  
Project Director, Program  
Operations, Bureau of Nutrition  
Education and School Food Services

10 - 12 INVOLVEMENT IS "IN"  
Monya H. Geller, Educational  
Specialist  
Adele A. Avitable, Educational  
Specialist  
Bureau of Nutrition Education  
and School Food Services

#### Session II

10 - 12 PROGRAMS FOR ALL SEASONS  
Molly J. Wood, Supervisor in  
Education, Bureau of Nutrition  
Education and School Food Services

over please



## Spring Seminar (cont.)

### 10 - 12 DID YOU BUY OR WERE YOU SOLD?

John C. Friese, Food Service  
Systems Specialist, United  
States Department of Agriculture  
Child Nutrition Programs

### 12 - 12:30 INTERMISSION

### 12:30 - 1:30 LUNCHEON

### 1:30 - 3:30 GENERAL SESSION PERCEPTION OF QUALITY

Peter Karpaty, Director of  
Food and Beverages, Sheraton  
Corporation, Boston, Massachusetts

### 3:30 ADJOURNMENT

As program commitments and luncheon arrangements have to be confirmed with the Inns, registrations must be made and paid for in advance, on or before March 13, 1978. Registrations will not be accepted after March 13 or at the Seminars.

With the approval of the Superintendent of Schools, the registration fee may be reimbursed from the school lunch revolving fund.

We shall look forward to seeing you there.

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## SUMMER FEEDING

With February's blizzard in the not too distant past, it appears ironic to be reading about the Summer Feeding Program. Strange as it may seem, this is a busy time of year for all agencies involved as they are making plans to initiate such a program in their cities and towns.

Federal monies are made available to any public or private non-profit institution wishing to provide nutritious meals to preschool and school aged children from needy areas. School systems have also been eligible to take advantage of these funds.

Many institutions that have participated in the program in previous years have had little or no experience in the food service industry. It is quite advantageous, however, for an institution already involved in the School Lunch Program to provide summer meals to the children in their city or town.

A school lunch director or manager has the benefit of a food service background with the experience and knowledge in ordering food, preparing meals and keeping the required records. Financially speaking, administrative monies are available for planning, organizing and initiating the program. The amount of these funds would be determined by the sponsor's budget which would be submitted to the State office for approval.

From an economic standpoint, the adoption of a summer feeding program would create summer jobs as otherwise vacationing school lunch workers could be offered employment during the summer months.

As the agency responsible for administering the Summer Feeding Program, the Bureau of Nutrition Education and School Food Services would like to encourage more school systems to take advantage of this much needed and profitable program.

Discuss it with your superintendent. Perhaps a summer feeding program could be run in conjunction with the Parks and Recreations Summer Activities.

If your town is interested in knowing more about the Summer Feeding Program, please contact Miss Donna Hooper in the Program Approvals and Expansion Section of the Bureau of Nutrition Education and School Food Services at:  
(617) 727-7406



FOOD SERVICE -  
MORE TO IT THAN COOKING

U.S.D.A. COMMODITIES

Several classifications exist for the donated foods which the U.S. Department of Agriculture gives the State Department of Education for distribution.

A. CLASSIFICATION

SECTION 6 commodities are foods of high nutrition value, that are purchased under the National School Lunch Act solely for the school food service program. They are restricted for use in the Type A lunches.

SECTION 32 surplus foods are purchased by U.S.D.A. when the supply of certain domestic foods exceeds commercial demand. Funds for purchase of these foods come from customs receipts on imported foods.

SECTION 416 price support foods are purchased by U.S.D.A. to stabilize the market for basic agricultural products.

Both Sections 32 and 416 foods are donated to the school lunch program and other non-profit outlets such as hospitals, institutions, nurseries, day care centers, summer camps, families or individuals either on public assistance or whose income is poverty level.

B. ALLOCATIONS

The federal government assigns Section 6 foods to each state on the basis of the number of Type A lunches served there. The state in turn, distributes these commodities to the local communities on the same basis. Sections 32 and 416 foods are allocated to the state and then to the community on an estimate of how much will be used.

C. STORAGE

Local school departments are held responsible for proper storage of government commodities. They are liable if the food is either damaged or stolen. Each commodity carries instructions for proper storage on its container. The State Office of School Lunch Programs can provide supplementary information.

D. RECORDS

Monthly inventory and order forms must be accurately completed and files in the school lunch office or administration office for at least three years.

E. SPECIAL FUNCTIONS

Sections 32 and 416 foods can be used for special events restricted to school age children. Only the cafeteria staff may prepare and serve the food.

F. HOME ECONOMICS

Home economics teachers are eligible to use any of the Sections 32 and 416 foods for classroom work. They draw these commodities through the school lunch supervisor.

G. BREAKFAST PROGRAMS

Only Sections 32 and 416 foods are available for use in the breakfast programs.

H. A LA CARTE

Any of the Sections 32 and 416 commodities may be used in foods to be sold a la carte. Section 6 may not. This commodity is restricted to use in the Type A lunch.

over please

## I. EMERGENCY FEEDING

Sections 32 and 416 commodities, which U.S.D.A. has designated for schools and other eligible outlets may be used for disaster feeding. Section 6 commodities and foods purchased by individual schools with school lunch funds may be used only if other foods are inadequate or unavailable. They must be replaced immediately after the disaster by the organization using them. They may be replaced either by purchase of similar foods of equal value and quality, or paid for in cash. This is required by the National School Lunch Act legislation.

The December issue of the Massachusetts School Food Service Newsletter featured an article on the use and maintenance of equipment. This article dealt mainly with the upkeep and use of mechanically oriented equipment such as slicers, mixers and sharpeners.

What about the non-mechanical equipment like mixing bowls, whips and utensils? These too require proper care and maintenance to provide good service and long life. By utilizing simple procedures in maintaining non-mechanical items, the food service operation can realize extended life from these units, better quality food and cost savings; desirable goals for your kitchen.

## EMPLOYEE OF THE YEAR

Richard F. Barron received the Employee of the Year award at the Andover Educators Recognition Banquet on February 1. Mr. Barron is the food service director for Andover Public Schools as well as directing food service operations for the senior citizen program and providing banquets for various school functions. Barron had prepared the buffet for the Educators Banquet and was in the process of cleaning up when his award was announced.

The Employee of the Year award was presented to him by Superintendent, Dr. Kenneth R. Seifert on behalf of the Andover School Committee. Our congratulations to Mr. Barron and we hope that he continues his good service to Andover.

While many of the seasoned food service professionals are probably aware of these tips, a conscientious application by all personnel would prove to be most beneficial to everyone involved. Countless dollar savings could be realized in maintenance and replacement costs alone.

Mixing bowls should be hand laundered using only a mild detergent. A strong detergent will prove abrasive and corrosive to plated surfaces. Bowls should be hand dried, and care should be taken to avoid dents. Proper care and handling should be exhibited to prevent dents. Avoid using steel wool. Fabric or plastic scouring pads should be used when scrubbing. If you mix citric or acidic foods, remove the residual as soon as possible. When mixing, avoid hitting the bottom or sides of the bowl with the whip.



Do not heat mixing bowls on an open flame or range as this will result in premature wear on the tin surface. Heat will combine with the food product to increase etching on the exposed surface. Certain foods, such as potatoes and mayonnaise, will darken in color if left overnight in a bowl that has lost its tin finish. Store mixing bowls upside down and provide adequate ventilation.

Exercise proper care when moving large capacity bowls such as the 80 quart size. Always use a cart to transport these units. Do not pull the bowl across a concrete surface or any other rough flooring. Scratches, dents or cracks will lead to premature replacement or repair and can also damage the whip.

Whips present a unique situation in proper care and maintenance. Wires should be replaced immediately if broken. Premature wire breakage can result from mixing solids with a wire whip rather than dough hooks, or if the whip is allowed to strike the bottom or sides of the bowl.

The whip should be thoroughly cleaned with a plastic or fabric scouring pad, as with mixing bowls. Special care should be taken to completely dry the whip to avoid rust. Rust hastens embrittlement, causing wire failure. Citric mixes should be rinsed immediately and any doughs should be removed before hardening can occur.

Wire racks should be cleaned with mild detergent and hand polished at least once every six months (or more depending on severity of usage and residual buildup). Racks, unlike whips and mixing bowls,

should be polished lightly with steel wool in order to bring back the shine.

Another aspect of maintenance can also be explored - re-tinning. It is reported that re-tinning can last three to five times longer than the original surface. This can provide cost savings and usefulness to otherwise worn and useless equipment.

By utilizing these tips, you will see longer service life, reduced replacement costs and better quality meals. Take care of your equipment and it will take care of you.

## INTERNATIONAL NUTRITION

The Nutrition Education Section of the Massachusetts Bureau of Nutrition Education and School Food Services have long prided themselves on their accomplishments in the field of child nutrition. Listed below are the countries and possessions that have received (on request) the teacher handbook, FOCUS ON NUTRITION, for Grades K-6 and 7-12.

- Liberia
- Botswana
- Puerto Rico
- Tunisia
- France
- Virgin Islands
- Marianna Islands
- Finland
- Guam
- Holland
- Great Britain
- Australia
- Canada
- Brazil

The list demonstrates the international appeal and necessity of nutrition awareness and child feeding programs.

## LOVELY RECIPES

In our continuing series of commodity recipes, we offer two more of the recipes submitted by Mary Lovely of the Southeastern Regional Vocational High School. The recipes make full utilization of USDA commodities.

### Oven Fried Rice

Rice	2 qts.
Boiling water	15 cups
Dry Onion Soup Mix	1 jar
Dry Parsley	1 cup
Salt	2 tsp.
Soy Sauce	3/4 to 1 cup

Wash and drain rice.

Mix 5 cups of the boiling water with all the ingredients except rice and mix well.

Combine rice with above ingredients and place in 3/4 steam table pan.

Pour remaining boiling water over rice and cover pan.

Bake @300° for 1 hr. 15 min.

### Lemon Bread

#### 2 Sheet Pans

Sugar	4 lbs. 12oz.
Butter or Oleo	3 lbs.
Eggs	1 pt or 2lbs., (approx. 20)
Concentrated Lemon Juice	3/4 cup
Flour, all-purpose	4 lbs.
Baking Powder	2 oz.
Salt	3 oz.
Milk	5 cups

### Glaze

Confectioners sugar 2 lbs.

Concentrated Lemon

Juice 4 tbls.

Hot water (enough to make glaze)

Blend butter and sugar until creamy. Beat in eggs. Add milk and mix well. Mix dry ingredients together, add to batter with juice and beat until smooth. Place in 2 greased sheet pans 18 x 26. Bake @350° 40 min. or until done.

While bread is baking, mix lemon juice, confectioners sugar and water for glaze until sugar is dissolved. Spoon glaze over hot bread.

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## GLADYS NOLE RETIRES

Gladys Nole, of the Pleasant Street School in Ayer, Mass., retired after "faithfully serving the children of Ayer" for over 25 years.

The Ayer School Committee presented her with a pewter Paul Revere Bowl inscribed with the above quote.

Our hearty congratulations to Gladys for her years of service and best wishes for the future.

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## AROUND THE WORLD IN 10 MENUS

### APRIL

#### JEWISH

Uncle Reuben Sandwich  
Such a Salad  
Shalom Fruit Cup  
Matchmaker Milk

The all time favorite reuben sandwich, with a delectable tossed salad, mixed fruit cup, and milk. And as an alternate serve fish sticks bagel, and green beans or carrots.



# COMMODITY NEWS

## COMMODITIES EXPECTED TO BE AVAILABLE IN APRIL 1978

Margarine or Butter  
Beef Ground Frozen  
Chicken, Froz. Cut up  
Turkey Rolls  
Cheese Processed  
Flour All Purpose  
Flour Bread  
Lemon Juice Frozen  
French Fries Frozen  
Vegetarian Cd. Beans  
Peanut Butter  
Peanut Oil  
Shortening  
Pea Beans Dried  
Rice  
Applesauce  
Tomato Paste  
Cd. Pears  
Cd. Peaches  
Cd. Beef in Natural Juices

Shipping and Purchasing difficulties may make some variations in the above list.

## FOOD PROCESSING CONTRACTS

The companies listed below have approved processing contracts with the state office so that you can buy certain foods at a saving to your program. These foods will be sold through a food distribution or a salesman representing his company.

1. Pasta products, macaroni, spaghetti, etc. - Prince Macaroni Company

2. Mayonnaise and french dressing and salad dressing - Dorpee Corp.

3. Cheese and Pizza Products- Cheese Corp. of America and the Original Pizza Co.

4. Cookies-Keebler Co., Nabisco Co., and the Quaker Oats Co.

5. Doughnuts for Breakfast Program - Dan-Dee Doughnut Co.

6. Bread-Dreikorns Bakery, Magaziners Bakery and Raymond Baking Co.

These bakeries serve the western part of the state. None of the large baking companies in the central or eastern part of the state would enter into a contract with this office.

## WINTER WEATHER - COMMODITIES

In last months newsletter we mentioned the snow effecting our warehouses and trucks. Well in the extreme cold of January, one of the rails on the warehouse track snapped and the switching engine went aground. It was four days before the engine was removed and the track repaired. In the meantime ten cars were out in the railroad yard that could not be switched in until repairs were made. Fortunately, we had a sufficient supply of the same types of food in the warehouse as were in the freight cars so there were no delays in filling the orders.

## INVENTORIES

When our field personnel review your program, they include for the use of this section an inventory of all commodities on hand in your stockroom. The quantities of some items are much too large and I would encourage your reducing your inventory to prevent spoilage and make more space available.

## BEEF ROASTS

Because of inquiries about this commodity, we repeat that the amount offered to the USDA for purchase was so small that we received only one car. This will be used in the Title VII Elderly Feeding Program. Additional ground beef was made available in place of the beef roasts.

Commodities (cont.)  
MONTHLY COMMODITY ORDER

Before mailing the Commodity Order Form to this office, please be certain you have:

1. Written in the name of your school
2. Completed the inventory column
3. Signed the form
4. Shown the average number of "A" meals served daily

If any one of the above form are missing, your order will be delayed.

PROFESSIONAL ATTIRE

A relaxed dress code has been adopted in some school lunch cafeterias. It is important in any food service kitchen that cafeteria workers practice good grooming habits. Employees should be well groomed, clean and neat - not only for sanitation reasons, but for public relations as well. There is nothing that can match the crisp, neat professionalism of white or pastel uniforms. Those school lunch employees that are wearing these uniforms, whether it be a pantsuit or dress, have an orderly, productive appearance. Whichever style is chosen, the final overall effect is one of pride and professionalism displayed in the cafeterias.

PLUM RECIPES

Mary Plonka, of the Bennet School in Taunton, Mass., sent in these fine recipes utilizing canned purple plums. Schools often have difficulty putting commodity plums to good use but these two recipes solve that problem nicely.

PLUM BLOSSOM

Cherry or strawberry  
gelatin 4 - 24 oz. pkgs.  
Boiling water 1 gallon  
Canned plums  
with juice 5 - #10 cans  
Almond extract 4 tbsp.  
Confectionery  
Sugar 4 cups  
Topping 4 qts.

Dissolve gelatin in boiling water. Put plums through chopper, add to gelatin along with juice and almond extract. Chill until slightly thickened. (Note: this will thicken quite rapidly)

Whip topping with confectionery sugar. Fold thoroughly into gelatin. Pour into containers and chill until firm.

PLUMBERRY SAUCE

Plums (canned 2 - #10 cans  
Cranberry sauce 1 - #10 can  
Raisins 2 qts.  
Brown Sugar 1 lb.  
Cinnamon 1 tbsp.  
Nutmeg 1 1/2 tsp.  
Cloves 1 1/2 tsp.

Pit plums, drain well. Put through chopper. Mix all ingredients thoroughly in mixer. Serve on cake. Garnish with whipped cream or topping.

Filling for Squares: Add 2 cups tapioca to Plumberry Sauce and cook until thick. Cool thoroughly before using.



## THE BLIZZARD OF '78

The winter blizzard that hit the New England area in early February represented major disaster for many people. Many were left homeless and thousands were stranded on highways and in coastal areas.

Our schools played a major role in disaster relief, with many cafeterias opening up to serve hot meals to storm victims and storm workers alike.

We would like to offer our heartiest praise to those who lent a helping hand in time of need. Below is a listing of some of the towns whose schools opened up to provide shelter and food.

### Schools in 128 area

Westwood: Served 150 people on the first day, 75 people on the 2nd day and 25 people the third.

Canton: Fed as many as 100 people one day at Canton High School. People were storm victims and volunteers.

### Schools in Coastal areas

Duxbury: Served no emergency meals but they did prepare meals for serving in Marshfield.

Scituate: Fed 300 people three meals a day. Now feeding National Guardsmen volunteers. Have received food donations from local distributors; labor volunteers from local restaurants.

Marshfield: Feeding approximately 400 people at two schools. Those served include storm victims, National Guardsmen and U.S. Army troops.

Revere: Fed approximately 4100 persons over the span of the emer-

gency. Last meal was served on Saturday, February 11th.

Winthrop: Fed approximately 1800 persons per day including policemen, federal troops and National Guardsmen.

Hull: As of Monday, February 13, still feeding 800 persons per day. Duration of continued feeding is unknown. There are 2000 people currently housed in motels and private homes, many of whom come to the school for meals.

### Schools in Other areas

Attleboro: Provided meals for 325 persons for five days. Only 100 of which were storm victims. The remainder were National Guardsmen and U.S. Army troops.

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### ARE YOU THINKING ABOUT TOMORROW?

It's never too early to plan ahead. If you're interested in nutrition education, now is the time to do something about it. Start thinking seriously about setting up a program for next fall. The Nutrition Education section of the Bureau of Nutrition Ed. and School Food Services is currently scheduling programs for the '78 - '79 year. If you are interested in having a workshop for school food service personnel, let us know soon. These workshops can vary in length to suit your needs. With very little effort, you can plan a worthwhile and enjoyable learning experience for your staff.

For further information or to arrange for a workshop, call or write:

Bureau of Nutrition Ed. & SFS  
31 St. James Ave.  
Boston, Ma. 02116  
Tel: (617) 727-5764  
Att.: Mrs. Dorothy L. Callahan



## MSFSA Notes

This year, our annual MSFSA Meeting will be held in October with the Convention.

Since the 1977 Convention was such a huge success in Boston, your committee has planned to go back to the Boston Park Plaza for the 1978 Convention. The dates are October 19, 20, 21, 1978.

MSFSA Members please note!

If you change your address please notify, in writing:

Miss Margaret Fitzgerald - Assoc. Sec.  
Box 17350  
Back Bay Post Office  
Boston, Ma 02117

If you do not receive your tentative ballot by the end of February, contact the Nominating Chairperson:

Mrs. Helen Hoar  
Boston Schools Lunch Office  
617-726-6245

A REMINDER- Scholarship applications must be returned by May 1, 1978. The recipients will be notified by June 1, 1978. - The 20 and 30 year awards will be made in October at the Convention. Please send applications and names of members who have completed 20 or 30 years service to School Lunch to:

Mrs. Shirlee Kristenson  
42 Hawthorne St.  
Westwood, Ma 02090

Mary P. Nagle  
NSFSA Public Relations



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